

Test 5

1 For questions 1–4, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between three and six words, including the word given.

1 I cannot get what happened out of my mind.

EXPERIENCE

It was forget.

2 It seems like it only happened yesterday.

IF

I remember it yesterday.

3 I'm unclear about what happened to me.

BIT

It's all blur now.

4 The accident happened very quickly.

OVER

It flash.

5 I'm very sorry, but the meeting is cancelled tomorrow.

REGRET

I meeting is cancelled.

6 I'm sorry if I offended you.

MEAN

I you.

2 Complete each sentence with a word from the box. One of the expressions is not used.

arm back eye fingers ~~foot~~ leg neck

1 When I put my ~~foot~~ on the accelerator, nothing happened! There I was, stuck at the crossroads. In the end all I could do was keep my crossed that nobody crashed into me.

2 Philip didn't want to go out, but his friends twisted his by promising to buy him dinner.

3 I hate office politics. There's nobody who wouldn't stab you in the to get a promotion.

4 You're not supposed to park here, but they generally turn a blind to it if you don't stay long.

5 Richard told me he'd been to meet the President, but he was just pulling my

3 Choose the best alternative in each sentence.

0 I can't afford to go / ~~going~~ on holiday this year.

1 I've locked myself out of the house. I tried to get / getting in through the window, but it's too small.

2 I'm considering to take / taking the morning off work tomorrow and working from home instead.

3 The man denied to steal / stealing the car. He claimed he's merely borrowed it for the evening.

4 Despite my best efforts, Annie refused to help/helping with cleaning the house.

5 If you keep on to play / playing your music so loud, I'm going to get very angry.

6 I know he's done some bad things in his life, but you can't help to like / liking the guy.

7 The food was so awful. I pretended to eat / eating it, but I actually hid some of it under the table.

8 One of the things Jurg hopes to do/doing after college is take a round-the-world trip.

4 Complete the expressions.

0 Jenny? Can you k..... ~~cep~~ an e..... ~~ye on~~ the dinner while I pop out to the shops? I need some salt.

1 Considering the weather, it's a w..... that you got to work. I've never seen so much snow.

2 Great hotel! I'll be sorry to leave. Anyway, it's time we s u and went home, I suppose.

3 I had a terrible cold all last week, but I seem to be o t m now.

4 Jack's got such a bad temper that sometimes I think he could p a f with himself.

5 I'm going to be late home this evening, I'm t u at the office with meetings until six o'clock.

5 Complete each sentence with an adjective from the box. One of the adjectives is not used.

cautious ~~creative~~ enthusiastic fearless generous
greedy innovative kind narrow-minded ordinary

- 0 Alex did very well in art at school and would like to work in a*creative*..... industry such as advertising.
- 1 My manager, Nick, is so with his time. He always has a moment for everyone in the office.
- 2 Where do I live? In a very house, nothing at all exciting.
- 3 You should be more spontaneous and less You don't have to plan everything you do.
- 4 A mongoose is completely when confronted with a snake and will never run away.
- 5 In its time, the CD was a genuinely product. Nowadays, of course, it is itself almost obsolete.
- 6 My mother always told me to be to children and animals.
- 7 Travel is good for people; it helps them to learn more about other cultures and beliefs.
- 8 Don't be so You've had plenty to eat already.

6 You are going to read a newspaper article about extreme running. Six paragraphs have been removed from the article. Choose from the paragraphs A–G the one which fits each gap 1–6. There is one extra paragraph which you do not need to use.

Ultrarunning

Nine hours into the 100km South Coast ultramarathon, I was almost ready to quit. Absolutely every part of me was in agony and, more than anything, I was desperate to submit to the pain and lie down by the side of the track for a sleep.

1

Eventually, though, I hit 'the wall', the famous pain barrier every long-distance runner encounters, and miraculously I came out the other side feeling refreshed and suddenly full of incredible energy. This marvellous feeling is still with me days later. Other runners I know have described it as like peeling of the layers of an onion until you reach the clean, fresh centre.

2

There are times, though, when this isn't enough. At those moments when all I want is an end to the pain or when I need to find a burst of speed from somewhere, I will resort to conjuring up something dark from my past, some injustice I still feel, or some frustration that remains unresolved and use that anger to re-fuel me.

3

It obviously worked as I passed a number of other runners in the last stages of exhaustion and was astounded to find myself in third place in a fraction under 10 hours. As someone who regularly puts in 75km plus every week, I'm pretty familiar with the

ups and downs of running, so what is it that makes ultrarunning so much more intense?

4

Some researchers have now settled on another substance, endocannabinoids, which is also generated during physical exercise as the main candidate, but still others cite serotonin and dopamine.

5

Personally, I too think most ultramarathon runners compete not for any physical sensation, but because they are seeking a certain place in their heads, somewhere where all your problems disappear into the far distance and where everything seems clear and nothing is impossible. The world suddenly seems a much more beautiful place to be.

6

I can see his point. Ultras put you outdoors in all weathers, doing something your body will rebel against and do all it can to make you stop. If you somehow find the willpower to overcome these voices then you feel nothing can stop you. There may be some degree of addiction involved, but it is an emotional addiction. It might not sound like it, but the race was exciting. I don't know why I felt so high after it, but I plan to recapture the feeling as soon as I can.

- A It used to be credited to something called endorphins, a natural chemical produced by the body during exertion, but new research appears to have ruled this out. Endorphins are apparently too large to pass through the brain.
- B The advice from those who know best is not to overdo it: start slowly and let yourself grow to love the experience. As you build up your distances slowly, you'll also learn to appreciate the outdoors more and more. Soon, nothing can stop you.
- C The motivations for ultrarunning are very different for everyone who does it. I learned very early on that the way for me to drive myself on was to keep some positive picture in my mind's eye, something to encourage me during the blackest moments, of which there are many.
- D Jan Corby, the man behind the South Coast Ultramarathon, seems to agree, saying that taking part in one is an opportunity to learn something about yourself and your mental capabilities 'The moment you discover this is the moment you feel free' he says.
- E Barry Exington, a professor of sports science, claims science has no real idea what is responsible. He also dismisses claims that ultrarunners are suffering from some form of addiction. Although he believes the 'hit' is more pronounced in an ultrarunner. He claims the pain involved is usually so bad that it acts as a barrier to becoming really hooked.
- F On this occasion, as I willed myself up the final hill at the end of the race and aimed myself in the direction of the finishing line, I was running alongside my eight-year-old self – enjoying my Saturday afternoon jog around the local park.
- G As far as ultramarathons are concerned, 100km is nothing special and the flat coastal plain I was struggling along was certainly an easy alternative to some of the other races I could have entered – some ask runners to navigate 100km of mountain paths –but it was still by far the furthest I'd ever attempted.